

1. What was / has been your occupation before entering politics?

I am a Registered Psychotherapist in Orléans in private practice, having worked for 15 years in community social services, the last 8 of which were spent supporting women survivors of sexual violence.

2. Do you live in the riding and, if so, how long has it been your home?

I've lived in Orléans twice, once as a child and again in 2015 when I moved from Ottawa after my son was born.

3. What has been your main involvement with your community outside of work (volunteer activities, etc.)?

While on Maternity Leave, I volunteered with the Maison d'amitié (Francophone Women's Shelter in Ottawa) and I am also a proud Franco Ontarian advocate.

4. In your life what event, or book, or speech, or song or even TV show has made the biggest impression on you and your political thinking? Why?

Greta Thunberg, the 16-year-old Swedish environmental activist with autism, is a huge inspiration of mine. Her recent speech to the UN practically brought me to tears. I find her incredibly brave and to the point. It's unfiltered. It's raw and puts into words how many people are feeling. When I hear her, I re-connect with my 16-year-old self. I remember feeling frustrated and jaded and angry with adults because even at 16 I was concerned about the environment. I felt powerless. To see this young woman at the UN with all that she is living with is hugely inspiring.

5. What previous politician, (alive or dead, but not currently in parliament) is a role model for you?

No one really jumps out at me, no one has really inspired me, which is why I decided to run for politics. So many politicians tend to get wrapped up in the game of politics and lose their authenticity, their vision and forget why they went into politics in the first place. I enjoyed listening to President Obama because he had the capacity to be genuine. In my work as a psychotherapist and before as a sexual assault counselling coordinator, it's all about trying to support people and giving them hope and I don't think our leaders have done that.

6. What policy in your party's platform do you think matters most to the people in your riding?

Addressing the climate emergency while creating a green economy and investing in green infrastructure. Canadians, much like youth rising all over the world, are looking for leadership and action, they are looking to us for hope and assurance that we are doing what needs to be done.

7. Recent polls suggest many Canadians are disillusioned with politics. If elected, what would you do to address those concerns?

To truly listen. As a psychotherapist with a background in counselling and social services, I am

professionally trained to listen to what people are saying, on the surface and underneath in order to understand their needs and fears. If elected, I would truly represent the needs of the people of Orléans by listening and collaborating with others to take concrete action to get things done. I would also build relationships based on trust and authenticity. I have already started to meet with our municipal representatives to start building those relationships because I think that's fundamental to getting things moving forward.